

Tips to deal with sudden awakening during night

Posted by David26fr - 07 Nov 2019 08:46

Hello,

Do you have some tips on how to deal with sudden awakening and a strong desire during night ?

For example : I am sleeping, and suddenly I awaken with a big desire, and before I realized it I am touchind myself...

80% of my last falls were under these circumstances...

Mindfulness perhaps ?

Thanks !

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Re: Tips to deal with sudden awakening during night

Posted by keepal613 - 07 Nov 2019 13:08

what i find to help is get out of bed and do some sort of distraction like read a little or listen to something etc.

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Re: Tips to deal with sudden awakening during night

Posted by Snowflake - 07 Nov 2019 14:07

It has happened to me too many times, and I can't think of anything in specific. Perhaps go drink

some water, read a book, etc. I think the best solution is to see why are you waking up in the middle of the night. Are you exercising? Are you under a lot of stress? Ideally you should go to bed, have a very peaceful sleep and only wake up the next day in the morning. If that's not happening, there's probably something wrong in your routines. Regular physical activity help you sleep better. Healthy eating too. Stressing events or some medications can disturb your sleep.

When I'd wake up in the middle of the night it was because I wasn't exercising and was under a lot of stress. When I started exercising and managed the causes of my stress, things improved 10x.

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Re: Tips to deal with sudden awakening during night
Posted by Dave M - 07 Nov 2019 16:32

Reading always helps "calm" my mind. Perhaps, have a hard copy of the GYE handbook next to

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Re: Tips to deal with sudden awakening during night
Posted by Need a yeshua - 07 Nov 2019 19:15

how can i get a hard copy of the handbook?

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Re: Tips to deal with sudden awakening during night
Posted by Dave M - 07 Nov 2019 20:05

<https://guardyoureyes.com/news/item/free-hard-copy-of-gye-handbook>

your bed.
You can also download a PDF.

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Re: Tips to deal with sudden awakening during night
Posted by David26fr - 12 Nov 2019 09:00

Very big thanks for all your answers !

I think an important point is to get up immediately and do something else, just to break the ongoing process of the fall.

I got an opportunity in my last fall because one of my daughter was suddenly crying, but I returned to bed just after she was calmed, instead to do something else and stop the fall...

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Re: Tips to deal with sudden awakening during night
Posted by ColinColin - 12 Nov 2019 22:15

David26fr

When this has happened to me, it was because of two reasons.

1.) Stress - I felt like I needed to take my mind off stress but indulging in fantasies.

2.) Strong desire. - This was as if I was "dry drunk".

I was keeping clean, but in reality I wanted to fall, so I was suppressing my lust with willpower rather than relaxing and letting go of the lust.

Sometimes I am able to free myself from these, sometimes these affect me.

I am working on freeing myself from them.

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